

WELLNESS CENTER NEWSLETTER

www.colorado.feb.gov | khovland@colorado.feb.gov | 303-236-6911



Wellness Center Member, Celene proudly represents the Wellness Center in the 2016 Fed Cup.

Spring Fitness Event's

FED CUP 5K RACE & WALK

Saturday, May 20 | Denver Federal Center | 8:15 a.m.

Sign up at www.RunningGuru.com/fedcup5k

Please join the Wellness Center, Well-Bees team when signing up for the race! Tab under teams, and scroll down to Well-Bees.



Bike to Work Day 2016

BIKE TO WORK DAY BREAKFAST STATION

Wednesday | June 22 | 6 a.m.— 9 a.m.
Wellness Center Parking Lot

Free

Showers will be open for everyone.

Blue Cross Blue Shield, Kaiser Permanente and GEHA will provide a healthy breakfast for cyclists

Attention Cyclists ... Cycling Group Anyone?

If you are interested in joining a lunch-time cycling group, please let Kiel know. We would like to organize group rides, not a race, that start and end at the Wellness Center, and the rides would take about an hour. So far, there has been interest in Tuesdays and Wednesdays for popular riding times.

In addition, you can share your favorite rides with your fellow cycling friends, and also learn about new places in the area to ride.

Kiel Hovland | khovland@colorado.feb.gov | 303-236-6911

Locker Room Closures! Monday, April 10 thru Saturday April 22

Women's Locker Room | Complete Closure

There will be no available restrooms or showers.

Ladies are welcome to change in office B, behind Kiel's office.

Men's Locker Room | Shower Closure

A small changing area will be available in the locker room. Toilets will be available for use.

The Good News! *New tile surround's and new ventilation systems are being installed in the showers.*

The Wellness Center will be open during construction.

Semi-Annual Membership's April 1

Semi-annual membership's expire April 1st. Save \$30 by purchasing a semi-annual membership.

Semi-annual (April-September) = \$114 | Check or cash | Check made payable to CFEB

Discount Elitch Garden Tickets for Wellness Center Members



Discounted Tickets Now Available for Wellness Center Members!

One Day Admission only \$28.99 (Reg. \$49.99)

Includes access to the Theme & Water Park, concerts, shows and dive-in movies!

Season Pass only \$64.99 (Reg. \$69.99)

Purchase a Season Pass by *June 11* and receive FREE parking for the entire season, TWO Bring-A-Friend FREE tickets, Early Access to the Water Park, Coupons & More!

<http://tinyurl.com/DenverFederalCenterDiscounts>

For Park Hours and general information, visit ElitchGardens.com

April Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12-1 Body Sculpt 5-6 Reserved	4 11-35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/ Sue \$10	5 12:-12:50 Pilates \$15 4:45-5:45 Martial Arts \$8	6 12-1 Fit Ball 5-6 Yoga w/Sue \$10	7 11:35-12:40 Hatha Yoga	8
9	10 12-1 Body Sculpt 5-6 Reserved	11 11-35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	12 12-12:50 Pilates \$15 4:45-5:45 Martial Arts \$8	13 12-1 Fit Ball 5-6 Yoga w/Sue \$10	14 11:35-12:40 Hatha Yoga	15
16	17 12-1 Body Sculpt 5-6 Reserved	18 11-35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	19 12:-12:50 Pilates \$15 4:45-5:45 Martial Arts \$8	20 12-1 Fit Ball 5-6 Yoga w/Sue \$10	21 11:35-12:40 Hatha Yoga	22
23	24 12-1 Body Sculpt 5-6 Reserved	25 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	26 12-12:50 Pilates \$15 4:45-5:45 Martial Arts \$8	27 12-1 Fit Ball 5-6 Yoga w/Sue \$10	28 11:35-12:40 Hatha Yoga	29 30 Sunday

Printable class schedules can be found at www.colorado.feb.gov